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Libro las cinco heridas del alma pdf

Restore access to millions of books by asking publishers, as Academia.edu uses cookies for personalized content and improved user experience. By using this site, you agree to our cookie policy. The five deep-seated wounds that prevent us from being ourselves are ones we've carried since before birth, in past lives, which we choose along with the environment where they'll be inflicted. As we grow, these wounds influence how we're shaped by our parents and surroundings, limiting who we truly are to become instead of embracing what makes us unique. This can lead to confusion, rebellion, sadness, and resignation, causing us to wear masks throughout our lives to avoid the pain of these wounds or multiple ones. Our most pronounced wounds appear at various life stages, often stemming from our relationships with our parents. What's fascinating is that these deep-seated wounds define our physical form because our bodies always communicate what's happening inside us, even if we don't want to acknowledge it. These masks were acts of love to protect ourselves and survive in the environment we chose, allowing us to keep living. Once we accept our wounds, they begin to heal, and we become more compassionate towards others, especially those closest to us like our parents, realizing they carry their own scars just as we do. This understanding can even help us assist them or be more patient with them. Furthermore, within these masks are hidden positive qualities waiting to be discovered by reading the book. Thank you for your interest in our services, a non-profit group that runs this site to share documents. We need your support to maintain this platform; consider making a small donation to help cover server costs (about $400/month) or sharing our service with friends. Lise Bourbeau was born in Quebec in 1941 as the fourth of eleven siblings, growing up surrounded by love and acceptance that instilled in her great value, balance, and charisma from an early age. She began writing from a very young age, inspired by her experiences and the lessons learned from them, which would become the foundation for her book about healing deep-seated wounds. Lise Bourbeau continúa inspirando salud, amor y felicidad sin cesar. Su autenticidad y excepcionales habilidades de liderazgo la convierten en una conexión única con quienes la escuchan, permitiendo que todos se beneficien enormemente de sus dones. En 1982, fundó Escucha a tu cuerpo, una escuela ubicada en las hermosas montañas laurentinas de Canadá, que se ha convertido en una de las más importantes escuelas de crecimiento personal del país y la más importante en francés. Su filosofía, compartida a través de numerosos libros y talleres en más de veinte países, se centra en un constante aprendizaje y amor incondicional. Hasta ahora, más de tres millones de ejemplares de sus libros han sido vendidos.